

*****ATTENTION: ALL MEMBERS MUST SCAN THEIR MEMBERSHIP CARD IN AT THE DESK ON EVERY VISIT!*****

Issue 211

City of Wichita Falls Parks & Recreation

August 2015

AUGUST BIRTHDAY BRUNCH & HEALTH TALK With Dr. Katkuri

Tues. August 4th 10:00 am

Zone Ballroom (216)

Menu: sausage, egg & cheese breakfast casserole, fresh fruit & fruit juice. **Sponsored by:**

IntegraCare Hospice and Home Health

Cake Provided by:

STERLING HOUSE
BROOKDALE SENIOR LIVING

SOCK HOP & FREE Lunch

Thursday, Aug. 27th - 11am Zone Ballroom

Dance to the music of the 50's Performed by Michael Merrill
and have lunch at "Pop's Soda Shop"



Menu: Hot Dogs, Chips
Coke or Rootbeer Floats

Beginning Pinochle Lessons
Thursdays in Aug. 1-3 pm



Friday Night Live Band Dances
Every Friday 7-10 pm

Cost: only \$6 per person
(\$1 discount for Zone members)

Aug. 7th- Rusty Nail Band

Aug. 14th - Lone Star Troubadours

Aug. 21st- Southern Rain

Aug. 28th- The Red Door Band

BINGO at the Zone

Cash Bingo

Fridays
2:00 pm

FREE! PRIZE

BINGO

TUESDAY, Aug. 4th & 18th
9:00 - 10:00 am - ROOM 216

Sponsored by:

BEST CARE HOME HEALTH

TUESDAY, Aug. 11th & 25th
9:00 - 10:00 am - ROOM 216

Sponsored by:

Senior Care Health

& Rehabilitation Center

Fridays at 9 am

Sponsored by:

Horizon Bay

Coming in SEPTEMBER!!!!
Advanced Cross Making Classes
Fee: \$10 Month/limit 7 students
Class Times: Tues 9-11 am or
Thurs 1-3 pm-beginning Sept. 3rd
Supplies NOT Included!
Must be PREPAID
Sign-up deadline August 12th
Supply List: Pictures,
Mod Podge, Acrylic
Paint (at least 3 colors) and 2
crosses of different sizes

Fitness Classes

Classes Held in Room 201

"Morning Workout"

9-10 am Mon- Fri.

"Zumba"

10-11 am Mon & Wed.

"Walking Workout"

8:30-9 am Mon, Wed, Fri
& Tues, Thurs, Fri. 10-10:30 am

"Gentle Yoga"

10:30-11am Tues. Wed & Fri.

"Evening Zumba Gold"

5:15 pm Tues & Thurs

Room 202 (Poker room)

"Drumming for Fitness"

12:15-1:15pm Mon. & Thurs

Room 201

"Drumming for Fitness"

5:15-6:15pm Mon & Wed.

Room 208A

Chair Exercise Classes

Held in room 208B (movie room)

"Chair Yoga"

9 am Mon, Wed, Fri

"Chair Pilates"

9 am Tues & Thurs

"Stronger Seniors"

10:30 am Mon thru Friday



TUESDAYS

Faith Movies

1:30 pm & 5:00pm

Aug. 8th

"Faith Like Potatoes"

Rated PG-116 min.

Aug. 11th

"Flywheel"

Rated PG - 114 min.

Aug. 18th

"Heaven Is For Real"

Rated PG- 133 min.

July 28th

"Do You Believe?"

Rated PG-13-120 min

THURSDAYS

1:30 pm & 5:00pm

Family Movies

Aug. 6th

"The Amazing Wizard of Paws" (2015)

NOT RATED- 96 min.

Aug. 13th

"The Woman In Gold"(2015)

Rated: PG-13 - 109 min

Aug. 20th

"The DUFF"(2015)

Rated PG-13 - 101 min

Aug. 27th

"5 Flights Up"(2015)

Rated PG-13 - 93 min

NEW RELEASE FRIDAY

1:30 pm & 5:00 pm

Aug. 7th

"Focus"

Rated "R"- 104 min.

Aug. 14th

"Jupiter Ascending"

Rated PG-13- 123 min.

Aug. 21st

"Wild Horses"

Rated "R" - 107 min.

Aug. 28th

"Ex Machina"

Rated "R"-108 min

*Beginner Karaoke

Cancelled (No Instructor)

Karaoke Sessions

Mondays 2:00- 4:30 pm

Tuesdays 2:45 - 4:30 pm

Thursdays 1:30 - 4:00 pm

